

Lentil Soup¹⁰

Number of Servings: 10 (436.2 g per serving)

Amount	Measure	Ingredient
1/2	tsp	Salt, table, iodized
4.00	tsp	Oil, olive, extra virgin
6.00	ea	Carrots, fresh, med
2.00	ea	Onion, fresh, med
2.00	tsp	Spice, ginger, ground
1.00	tsp	Spice, garlic, minced, dried
1.00	Tbs	Spice Blend, curry, pwd
1/4	tsp	Spice, pepper, black, ground
3 1/2	lb	Bouillon/Broth, beef, low sod, cnd
2.00	cup	Beans, lentils, mature, ckd
4.00	cup	Tomatoes, diced, w/juice, cnd, FS

Nutrients per serving

Nutrition Facts

Serving Size (436g)
Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **19%**

Total Carbohydrate 34g **11%**

Dietary Fiber 11g **44%**

Sugars 9g

Protein 15g

Vitamin A 130% • **Vitamin C 35%**

Calcium 10% • **Iron 25%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Heat oil in large pan over medium heat. Add carrot and onion; cover and cook 3 minutes or until softened. Stir in ginger and garlic: cook 1 minute. Add curry, salt and pepper. Stir in low sodium broth and lentils and bring to a boil.

Reduce heat; simmer, covered, about 1 hour or until lentils are tender. Stir in tomatoes: cover and simmer 5 minutes.

Serve 1 cup/serving

1 c = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Reheating :

- Reheat to an internal temperature of 165 F for 15 seconds.